## **Sexually Transmitted Diseases (STDs)**

### 1. What are sexually transmitted diseases (STDs)?

STDs are infections that are passed during sexual contact. You can get an STD from having vaginal, oral or anal sex with someone who has an STD. People who get certain types of STDs may be more likely to get Human Immunodeficiency Virus (HIV). STDs are common, especially among those ages 15-24.

### 2. What are the symptoms of STDs?

The most common symptom of an STD infection is <u>nothing at all</u>. If signs do appear, they may include:

- **Discharge (drip or flow).** Males may have a white, yellow or green drip from the penis. Females may have a change in color or smell of the flow from the vagina. Discharge from your anus (butt) may also be a sign of an STD.
- Sores, bumps, blisters or rashes on or near your penis, vagina, anus (butt), mouth, or throat
- Itching or burning around your penis, vagina or other areas. If you have an STD it may also burn when you pee.
- **Body rash.** Scabies can cause itching all over the body. A body rash could also be a sign of syphilis or acute HIV.
- **Pain.** In females, belly pain, fever, bleeding between periods, or pain during sex. In males, painful or swollen testicles.

#### 3. How is are STDs treated?

Most STDs can be cured with medicine prescribed by your doctor. Some STDs have no cure, but treatment is available. Make sure both you and your sex partner(s) are treated before having sex again. If not treated, STDs can lead to serious health problems for you (and your baby, if you are pregnant.) You may also be unable to get pregnant.

### 4. How can I protect myself from getting STDs?

- If you have sex, using a latex **condom** every time is the best way to protect yourself from STDs.
- **Get regular check-ups.** You can have an STD without any signs and getting tested is the only way to know. Get tested in all the places (vagina, penis, anus (butt), throat) you have sex.
- Limit your number of sex partners.
- Talk to your partners. Discuss condoms and health status before having sex.
- Check for signs and get tested if you have any signs.
- **Talk to your doctor** and find out if pre-exposure prophylaxis (PrEP) is a good option for you to prevent HIV infection.



#### **Key Points**

- STDs are common.
- Most people who have an STD show no signs or symptoms. Getting tested is the only way to know.
- Most STDs can be cured with medicine prescribed by your doctor.
- If not treated, STDs can lead to serious health problems for you (and your baby, if you are pregnant.)

#### For more information:

Los Angeles County
Department of Public Health
<a href="http://publichealth.lacounty.gov/dhsp/">http://publichealth.lacounty.gov/dhsp/</a>

## California Department of Public Health

https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/STD.aspx

# **Centers for Disease Control** and **Prevention (CDC)**

https://www.cdc.gov/std/default.

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